

SIBO Food Guide Vegetables

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Artichoke Hearts* 1/8 c	Asparagus 1 spear	Asparagus 4 spears	Bean Sprouts
Arugula	Artichoke Hearts* ¼ c	Artichoke	Corn
Bamboo Shoots	Butternut Squash	Avocado	Okra
Beet 2 slices	½ c/60g	Beet 4 slices	Potato: white/all colors
Bok Choy 1 c/85g	Cabbage >1 c/98g	Bok Choy 1½ c/127g	Potato: sweet
Broccoli ½ c/1.6oz	Cabbage: Savoy 3/4 c	Broccoli 1 c	Starch powder: all
Brussels Sprouts 2 ea	Leek ½ ea/42g	Brussels Sprouts 6 ea/ 114g	arrowroot, corn, potato, rice, tapioca
Cabbage 1 c/98g	Parsnip	Cabbage: Savoy 1 c	Seaweeds
Cabbage: Savoy ½ c	Pepper: Chili 40g	Cauliflower	Turnip
Carrot	Peas, green 1/3c	Celery	Taro
Celery Root/Celeriac	Spinach >15 leaves/ 150g	Fennel bulb >1 c, leaves >3c	Water Chestnuts
Chives	Tomato: soup/juice	Garlic	Yam
Cucumber	Tomato: Sun-dried	Jerusalem artichoke	Yucca
Eggplant	2 T/15g	Leek 1 ea/84g	Canned vegetables
Endive		Mushrooms	
Fennel bulb ½c, leaves 1c		Onions	
Green Beans 10ea/2.5oz		Peas, green ½ c/72g	
Greens: lettuce, collard, chard, kale, spinach		Snow Peas 10 pods	
Olives		Scallions: white part	
Peas, green ¼ c		Shallot	
Peppers: Bell/ Sweet		Sugar Snap Peas	
Peppers: Chili 11cm/28g		Zucchini >¾ cup	
Radicchio 12 leaves			
Radish			
Rutabaga			
Scallion: green part			
Snow Peas: 5 pods			
Squash: Butternut ¼ c			
Kobocha, Sunburst, Yellow, Zucchini ¾ c			
Tomato			

SIBO Food Guide

Fruits

LESS FERMENTABLE

MORE FERMENTABLE



SCD "LEGAL"
LOW FODMAP

SCD "LEGAL"
MODERATE FODMAP

SCD "LEGAL"
HIGH FODMAP

SCD "ILLEGAL"

Banana: fresh, dried

Berries:

blueberry < 80 ea

boysenberry

strawberry

raspberry 10ea/19g

Carambola

Citrus: lemon, lime,
oranges, tangelos,
tangerine

Current, dried 1Tb

Dragon Fruit

Durian

Grapes

Guava

Kiwifruit

Longon 5 ea/15g

Melon:

cantaloupe/rock,

honeydew ½ c/100g

Papaya/Paw Paw

Passion fruit 4 pulps/
100g

Pineapple

Pomegranate ½ ea/
38g, ¼ c seeds

Prickly Pear

Rambutan 2 ea/31g

Rhubarb

Jam/Jelly: homemade
(no pectin, sugar)

Berries: cranberry 1T

Cherries 3 ea

Citrus: grapefruit ½ ea
104g

Longon 10ea/30g

Lychee 5 ea

Melon: honeydew
>½ cup/100g

Passion fruit >4
pulp/ 100g

Pineapple, dried
1 slice

Rambutan 4ea/62g

Apple

Apricot

Avocado

Berries: cranberry 2 T
blueberry >80/100g
blackberry
raspberry >50 ea

Cherries 6 ea

Citrus, grapefruit 1ea
207g

Current, dried 2Tb

Custard Apple

Date, dried

Fig, dried

Mango*

Nectarine

Papaya, dried

Peach

Pear

Pear: nashi

Persimmon

Plum

Pomegranate 1 ea/
76g, ½ c seeds

Prunes

Raisons

Tamarillo*

Watermelon

Canned fruit in high
fodmap fruit juice

Plantain

Jam/Jelly: commercial

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Legumes/Beans



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Lentil: brown ½ c green & red ¼ c Lima ¼ c	Black Lentil green & red ½ c Lima 1/3 c	Borlotti/Cranberry Kidney/Red Lima ½ c Navy/White/Haricot Baked Spilt pea	Butter Cannellini Chickpea/Garbanzo Fava/Faba/Broad Pinto Soy

Nuts/Seeds



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
Almonds 10 ea/.42oz flour 2 T Coconut: flour/shredded ¼ cup milk (w/no thickeners) Hazelnuts 10 ea/15g Macadamia 20 ea/40g Peanuts 32 ea/28g Peanut butter 4 T Pecans 10 ea/22g Pine nuts 1 T/14g Pumpkin seeds 2 T/23g Sesame seeds 1 T/11g Sunflower seeds 2 t/6g Walnuts 10 ea/30g	Chestnuts, handful Flaxseed < 1T Hazelnuts 20 ea/30g Pecans 40 ea/100g Walnuts 100g	Almonds 20 ea/.85oz flour 4 T Cashews Hazelnuts 80 ea/100g Pine nuts 8 T/100g Pistachios Pumpkin seeds 100g Sesame seeds 100g Sunflower seed 100g	Chia seeds Coconut milk- with thickeners (guar gum, carageenan) Seed flour

SIBO Food Guide Dairy



SCD "LEGAL"
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HIGH FODMAP

SCD "ILLEGAL"

Butter
Cheese: aged 1 mo+,
dry curd cottage
cheese, yogurt
cheese/labneh
Ghee
Sour Cream:
homemade 24 hour
Yogurt: homemade 24
hour

Cream: lactase-
treated ¼ cup
Milk: 100% Lactose-
Free commercial

Yogurt: lactose-free
commercial (pectin)

Cheese: cream
cheese, cottage
cheese, fresh cheese
(feta, cheve, fresh
mozzarella), ricotta
Kefir: commercial,
homemade 24 hour
Cream
Milk
Sour cream:
commercial
Yogurt: commercial

Protein/Meats



SCD "LEGAL"
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SCD "LEGAL"
HIGH FODMAP

SCD "ILLEGAL"

Bacon- with honey
Broth: homemade
meat or [marrow](#)
[bones](#) (no cartilage)
Beef
Eggs
Fish
Game
Lamb
Organ Meats
Pork
Poultry
Seafood

Bacon- w/sugar 1x wk

Broth: homemade
bone/cartilage

Bacon- w/high
fructose corn syrup
Deli/Processed Meat-
with sugar, carra-
geenan, high
fodmap or SCD
illegal additives

SIBO Food Guide Sweeteners



SCD "LEGAL" LOW FODMAP

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SCD "LEGAL" HIGH FODMAP

SCD "ILLEGAL"

Aspartame-
occasionally
Glucose/Dextrose
Honey: alfalfa, cotton,
clover, raspberry 2 T
Saccharine- pure (no
high fodmap or SCD
illegal additives)
Stevia- pure (no inulin)
in small amounts,
occasionally

Honey*: blackberry,
buckwheat,
citrus/orange
blossom 1 T

Honey*: acacia, sage,
tupelo

Agave syrup
Barley Malt syrup
Brown Rice syrup
Cane sugar
(Rapadura, Sucanat)
Coconut sugar
Fructose, powdered
High-fructose corn
syrup
Maple syrup
Molasses
Sugar/Sucrose
Sucralose
Polyols/Sugar alcohol:
isomalt, erythritol,
lactitol, maltitol,
mannitol, sorbitol,
xylitol

SIBO Food Guide Beverages & Alcohol



SCD "LEGAL" LOW FODMAP

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SCD "LEGAL" HIGH FODMAP

SCD "ILLEGAL"

COMMON DRINKS

Coffee 1 c/day (weak)
 Cranberry juice- pure
 Orange juice, fresh
 ½ c/ 125ml
 Fruit Juice: from Low
 Fodmap fruits ⅓ c/
 100ml
 Tea: black (weak),
 chamomile, ginger,
 green, hibiscus,
 lemongrass, mate,
 mint, oolong,
 rooibos/rooibos chai,
 rose hip
 Water

ALCOHOL

Occasionally in
 moderate amounts:
 Bourbon
 Gin
 Vodka
 Whiskey/Scotch
[Wine](#)

COMMON DRINKS

Tea: green < 2
 cups/day
 Seltzer/Carbonated
 beverages (CO₂/gas)

COMMON DRINKS

Fruit Juice: from High
 Fodmap fruits
 Orange juice 1 c/
 125ml

ALCOHOL

Rum: light/gold*

COMMON DRINKS

Coffee Substitutes
 Soda (fructose,
 sucrose)
 Tea: chicory root,
 licorice, pau d'arco

ALCOHOL

Beer
 Brandy
 Hard Cider
 Liqueurs/Cordials
 Rum: dark
 Sherry
 Tequila
 Wine: dessert/sweet,
 sake, sparkling, port

Liquor moderate amounts:
Women – 1 oz/day, 3-5x week
Men – 2.5 oz/day, 3-5x week

Wine moderate amounts:
Women – 4 oz/day, 3-5x wk
Men – 9 oz/day, 3-5x wk

SIBO Food Guide

Fats/Oils



SCD "LEGAL" LOW FODMAP

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SCD "ILLEGAL"

Bacon fat Butter Coconut oil Cod liver oil & Fish oil Duck fat Garlic-infused oil Ghee Lard & Tallow Medium Chain Tri- glyceride/MCT oil Macadamia oil Olive oil Palm oil Polyunsaturated Vegetable Oils: Borage, Canola, Flax, Grape seed, Hemp, Pumpkin seed, Sesame, Sunflower, Walnut			Soybean oil
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Notes: T= Tablespoon, t= teaspoon, g= gram

*Contains excess fructose- only necessary to avoid in cases of fructose malabsorption.

- Starting the diet: Follow the "Intro" from the SCD, Gaps or SCDLifestyle plans with Low & Moderate Fodmap foods. Wait 1-3 months to introduce celery root, rutabagas, cruciferous vegetables, beans, seeds, nuts (including nut flours, butters & milks) coffee, alcohol, raw vegetables/salads and raw fruit. Cook, peel, de-seed and puree vegetables & fruit at 1st. Dairy is best avoided for the 1st few weeks if unsure of its' tolerability.
- Moderate Fodmap Column Foods: limit to 1 per meal. Meal = eating separated by 3-4 hours.
- Quantity listings are adult portions: decrease amounts for children.
- Tailor the diet: individual variations from this list are to be expected- trust your body's reactions over the list.
- Tolerances change over time: periodically re-try previously intolerant foods.
- This guide is a combination of SCD, Low Fodmap Diet & the clinical experience of Dr. Siebecker in treating SIBO.

SIBO Food Guide Seasonings/Condiments



SCD "LEGAL" LOW FODMAP	SCD "LEGAL" MODERATE FODMAP	SCD "LEGAL" HIGH FODMAP	SCD "ILLEGAL"
All spices (except onion & garlic) Garlic-infused oil Ginger (fresh & dried) Mayonnaise, homemade or commercial w/ honey Mustard- without garlic Pickles/ Relish- no sweetener or garlic Tabasco (McIlhennyCo) Wasabi- pure Vinegar: apple cider, distilled/white, red & white wine			Asafoetida powder Chicory root (leaves ok) Cocoa/chocolate- unsweetened Gums/ Carrageenan/ Thickeners Sauces or Marinades with High Fodmap/ SCD Illegal items Soy Sauce/Tamari Spices: Onion & Garlic powder Vinegar: balsamic

Compiled by Dr. Allison Siebecker (www.siboinfo.com) with the following sources: (formatting thanks to Dr. Michele Bartlett)

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